

S.P.A.R.K. Teen Mentoring Program

Scope and Sequence

Core Curriculum

The S.P.A.R.K. Core Curriculum consists of 13 lessons. It was designed to be taught in a 13-week period, with at least one week between each of the lessons. The period between the lessons provides valuable time for the facilitator and the participants to gain life experience while using the new skills and knowledge learned in the classes. This also provides everyone opportunities to come back and process individual experiences together prior to moving ahead.

Lessons 1–11 are designed to be taught in sequence, as the content builds from one week to the next.

Lessons 12 and 13 are designed to be the last two lessons taught, as they are a review and culmination of the entire S.P.A.R.K. program. For this reason, if topic-specific modules are implemented, they are to be inserted after lesson 11. Then, lessons 12 and 13 would follow the added module/s in order to remain as a summary of the entire program.

If no modules are implemented, lessons 1-13, listed below, should be taught in order.

- 1** Overview & Introduction
- 2** You Experiencing you
- 3** Yep! That's Thought Too
- 4** Your Personal Guide to Making Decisions
- 5** Habits Pulling You Around
- 6** How State of Mind Influences Judgment and Reasoning
- 7** Surviving Mood Swings
- 8** Finding the SPARK in Your Stress
- 9** Feeling Fear and Insecurity Without Fear and Insecurity
- 10** The Inside Out Nature of Self-Esteem
- 11** Separate Realities
- 12** Discovering You
- 13** Graduation

Modules

Modules are optional, topic-specific lessons that are separated into groups (modules) and should be chosen based on the specific needs of the participants. The lessons within each module should be taught in order and after lesson 11 of the core curriculum. The following modules are included in the Teen Mentoring Curriculum. Additional Modules may be purchased separately.

Relationships Module

- Cultivating Meaningful Relationships
- Dating & Healthy Relationships
- Your Values, Your Relationships, Your Decisions

Leadership Module

- Community Engagement
- Mentoring and Leading From the Inside-Out
- Bully Prevention From the Inside-Out

Life Skills Module

- Academic Success
- College and Career Readiness
- Financial Stability

Supplemental Lessons

Supplemental Lessons are lessons created after the original Core Curriculum was developed in 2014. Because this program is taught locally by The Cypress Initiative team, additions and updates to the program frequently occur. When a new lesson replaces an old lesson in the Core Curriculum, the old lesson may be listed under the Supplemental Lesson section.

Supplemental Lesson 1: Using Your **SPARK** to Make Decisions

For certain audiences, this lesson may replace the Lesson 4: Your Personal Guide to Making Decisions or be used as an additional lesson. It is advised that the facilitator preview the Video Inside-Out: *Graduation is your Beginning*, to determine the lesson/s best for your audience.

S.P.A.R.K. Teen Mentoring Program Components & Objectives

Core Curriculum

Overview & Introduction

- Introductions
- Overview of the program.
- Identify personal short-term and long-term goals.

You Experiencing you!

- Define various Principles and identify their importance.
- Define the Principles behind the human mind.
- Understand how the Principles create experience.
- Understand the Thought Chain

Yep! That's Thought Too

- Differentiate between **Thought** and perceptions.
- Identify perceptions, beliefs, values and opinions as personal and understand that they all come from **Thought**.
- Identify how perceptions creates our experience.

Your Personal Guide to Making Decisions

- Make the link between thinking and decision-making.
- Identify the connection between decision-making and consequences.
- Identify the value of your **SPARK** when making decisions.

Habits Pulling You Around

- Identify habits.
- Identify the relationship between habitual thinking and habits.
- Understand how habits are formed from habitual thinking, and how your brain likes to form habits because they are efficient; they save your brain time and energy.
- Learn to override the “Lizard Brain” and stop habits you don't want.

How State of Mind Influences Judgment and Reasoning

- Understand your **SPARK** and realize it can't be damaged.
- Demonstrate how state of mind influences decisions and perceptions.
- Realize that understanding state of mind naturally creates a clearer state of mind.

Surviving Mood Swings

- Define and identify various mood characteristics.
- Understand that moods continuously fluctuate.
- Learn how state of mind and moods are directly connected.
- Realize that moods aren't connected to circumstances.

Finding the SPARK in Your Stress

- Define and identify stress.
- Link state of mind and feeling stress.
- Realize their personal indicators of stress.
- Realize, through awareness, their stressful thinking has less power.
- Create a healthier relationship with stress.

Feeling Fear and Insecurity Without Fear and Insecurity

- Define fear and insecurity.
- Identify the difference between true danger and fearful and insecure thinking.
- Identify the fear and insecurity in unwanted emotions and behaviors.
- Realize the potential to experience fear and insecurity without being limited by them.

The Inside-Out Nature of Self-Esteem

- Learn that self-esteem is a natural state created from the **SPARK** in us all.
- Differentiate between self-esteem and self-image.
- Understand that only personal thinking can cover up natural self-esteem.
- Link how self-evaluation limits your capacity for the **SPARK** to shine through.

Separate Realities

- Define and identify various types of separate realities.
- Understand that separate realities exist among all people.
- Demonstrate acceptance of different thoughts about the same situations.

Discovering You

- Demonstrate the ability to see their goals and dreams as ever evolving, just like their potential.
- Illustrate the use of the **SPARK** in us all.
- Identify insights they have gained for themselves.

Graduation

- Receive completion certificate and individual awards.
- Invite teachers and parents to participate in the graduation.
- Serve lunch/dinner/refreshments.
- Share experiences among facilitators, participants, staff and parents.

Supplemental Lesson/s

Alternate Decision-Making Lesson

Using Your SPARK to Make Decisions

- Make the link between thinking and decision-making.
- Identify the connection between decision-making and consequences.
- Identify the value of their **SPARK** when making decisions.

Topic-Specific Modules

Healthy Relationships Module

Cultivating Meaningful Relationships

- Understand the link between separate realities and state of mind.
- Identify the benefits of communication in times of conflict.
- Understand the link between connection and cultivating meaningful relationships.
- Identify the foundations of meaningful relationships.

Dating and Healthy Relationships

- Define and identify the different types of domestic violence.
- Identify the signs of domestic violence.
- Demonstrate how to stay safe in times of conflict by understanding the **SPARK** in us all.
- List the main components of a healthy relationship.

Your Values, Your Relationships, Your Decisions

- Define the terms of *Values* and *Boundaries*.
- Identify the relationship between *Values* and personal and sexual *Boundaries*.
- Develop a personalized “Relationship Value-Boundary Code.”

Leadership Module

Community Engagement

- Define and understand the value of volunteering.
- Understand how integrity plays an important role in being a volunteer.
- Learn how to get involved in the community.
- Plan a community-service project to complete as a group.

Mentoring and Leading From the Inside-Out

- Identify the characteristics of a successful mentor.
- Understand the positive impact a good mentor can have in one’s life.
- Understand the positive impact being a good leader can have in one’s life.
- Understand ways to build a good mentor/mentee relationship.
- Demonstrate the ability to identify the **SPARK** within the others.

Bully Prevention From the Inside-Out

- Identify the reasons why people bully others.
- Learn to view bullying from the Inside-Out understanding.
- Create an Inside-Out Anti-Bullying Campaign video.

Life Skills Module

Academic Success

- Identify how thoughts can create boundaries in academic success.
- Understand how challenges in learning increase knowledge.
- Understand that possibilities and potential are infinite.

College and Career Readiness

- Demonstrate using your **SPARK** for guidance toward a college degree or career choice.
- Demonstrate how to convey inner qualities to prospective employers and/or college administrators.
- Understanding why being present during college/job interviews is useful.

Financial Stability

- Learn that money is not freedom—freedom is our natural state – our SPARK.
- Learn to view money through and understanding of the mind.
- Demonstrate basic budgeting skills.
- Discover a sense of ease with regards to handling money and the future.